



BREAKFAST

## Healthy Banana Bran Muffin

123  
SESAME STREET

food for thought

EATING WELL ON A BUDGET™

MAKES 12 MUFFINS

- 1 CUP FLOUR\*
- 2 TEASPOONS BAKING POWDER
- ¼ CUP SUGAR
- 1 EGG, BEATEN
- 1 MEDIUM RIPE BANANA, MASHED
- ¾ CUP LOW-FAT OR FAT-FREE MILK
- 2 CUPS BRAN FLAKE CEREAL

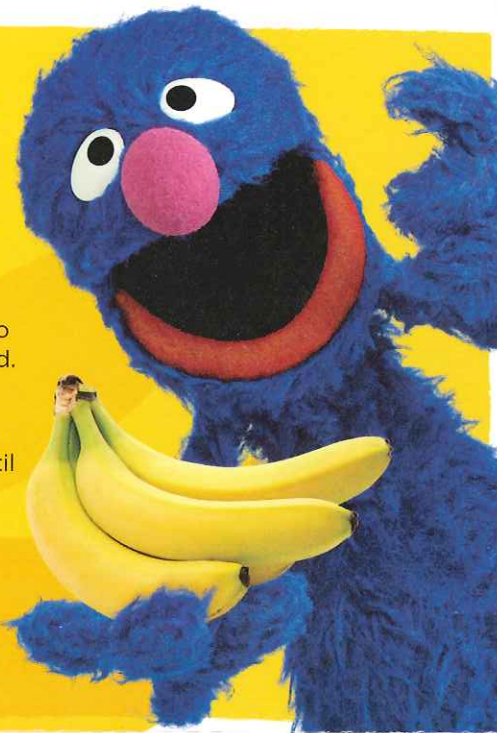
\* TO GET IN MORE FIBER, YOU CAN REPLACE ½ CUP OF WHITE FLOUR WITH WHOLE-WHEAT FLOUR.

1. Preheat oven to 400°F.
2. Mix flour, baking powder, and sugar in a large bowl.
3. In a separate bowl, mix egg, banana, milk, and cereal. Let stand 5 minutes, then stir mixture until cereal is completely mashed.
4. Add cereal and milk mixture to flour mixture; stir until blended.
5. Spoon batter into a greased muffin pan and fill to ¾ full.
6. Bake for 20–25 minutes or until golden brown. Serve warm.

EACH MUFFIN PROVIDES 131 CALORIES, 3G PROTEIN, 29G CARBOHYDRATE, 0.7G FAT, 144MG SODIUM, 1.7G FIBER.

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FOR CHILD-FRIENDLY KITCHEN TIPS, VISIT [SESAMESTREET.ORG/FOOD](http://SESAMESTREET.ORG/FOOD).



SNACK



## Rainbow Fruit Salad

123  
SESAME STREET

food for thought

EATING WELL ON A BUDGET™

MAKES 4 SERVINGS

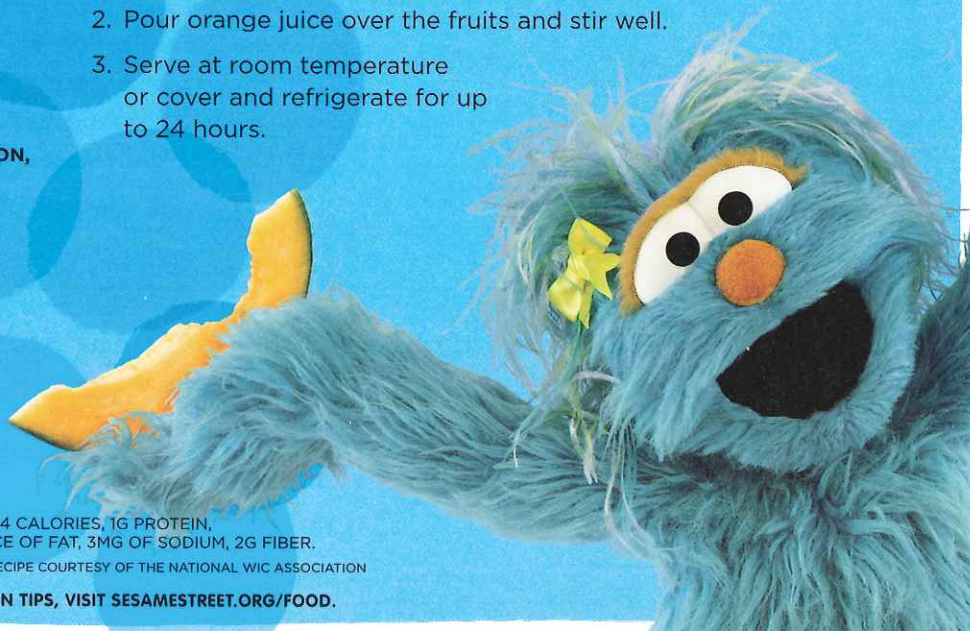
- 1 MANGO, PEELED, PITTED, AND CUBED
- 1 CUP BLUEBERRIES OR RED GRAPES
- 1 CUP MELON IN SEASON, CUBED
- 1 BANANA, PEELED AND SLICED
- ½ CUP ORANGE JUICE

1. In a large bowl, combine all the fruits.
2. Pour orange juice over the fruits and stir well.
3. Serve at room temperature or cover and refrigerate for up to 24 hours.

EACH SERVING PROVIDES 84 CALORIES, 1G PROTEIN, 20G CARBOHYDRATE, TRACE OF FAT, 3MG OF SODIUM, 2G FIBER.

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## Veggie Pizza Snack

food for thought

EATING WELL ON A BUDGET™

MAKES 4 SERVINGS

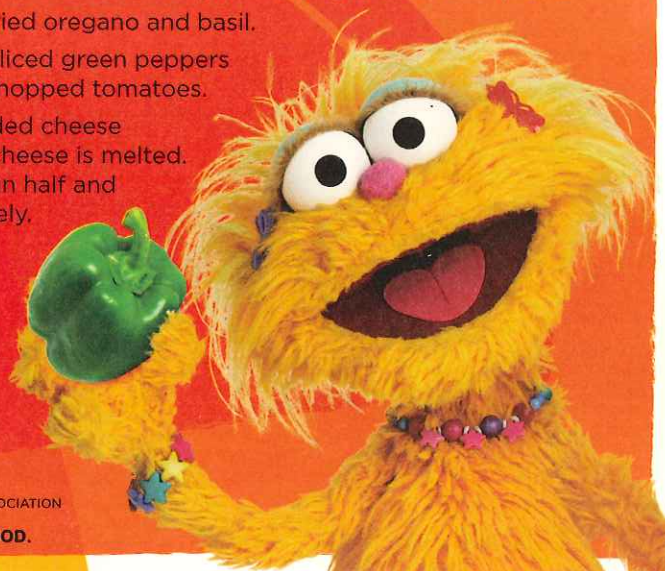
- 2 WHOLE-WHEAT TORTILLAS
- 2 TABLESPOONS TOMATO PASTE
- ¼ TEASPOON DRIED OREGANO
- ¼ TEASPOON DRIED BASIL
- 1 GREEN PEPPER, SLICED
- 1 TOMATO, CHOPPED
- 2 TABLESPOONS MOZZARELLA CHEESE, SHREDDED

1. Preheat oven to 425°F.
2. Pierce tortillas with a fork and bake on a baking sheet until crisp.
3. Remove tortillas from oven and spread evenly with tomato paste.
4. Sprinkle with dried oregano and basil.
5. Add a layer of sliced green peppers and a layer of chopped tomatoes.
6. Top with shredded cheese and bake until cheese is melted. Cut each pizza in half and serve immediately.

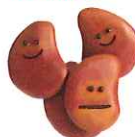
EACH SERVING PROVIDES 75 CALORIES, 3G PROTEIN, 15G CARBOHYDRATE, 1.5G FAT, 95MG SODIUM, 2G FIBER.

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DINNER



## Cheesy Bean-and-Rice Casserole

food for thought

EATING WELL ON A BUDGET™

MAKES 4 SERVINGS

- 3 CUPS BROWN RICE, COOKED
- 1 (16-OZ.) CAN KIDNEY OR PINTO BEANS, DRAINED
- 1 LARGE ONION, CHOPPED
- 1 CLOVE GARLIC, MINCED
- 1 CUP LOW-FAT COTTAGE CHEESE
- 1 TABLESPOON FLOUR
- 3 OZ. LOW-FAT CHEDDAR CHEESE, GRATED

1. Preheat oven to 350°F.
2. In a large mixing bowl, combine the rice, beans, onion, garlic, cottage cheese, and flour.
3. Pour the mixture into a casserole dish; top with the grated cheese.
4. Bake covered for 30 minutes and uncovered for 5-10 minutes until the cheese is golden brown.

**Note:** For spicier flavor, stir in 2-4 tablespoons of chopped green chili peppers before baking.

EACH SERVING PROVIDES 434 CALORIES, 25G PROTEIN, 61G CARBOHYDRATE, 10G FAT, 372MG SODIUM, 10G FIBER.

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